

Jamil's Monthly Write up

My thoughts this month are something that many people don't know much about, or sometimes don't want to know about. The truth is that this disease is all around us. Chances are that you know someone who has dealt with this disease, and sometimes it may even be close to home.

I understand that my articles are mainly fitness related, but due to the recent occurrence of Daffodil Day, I thought I'd help people to understand more about CANCERS and just what **YOU** can do to lower the risk factors.

What is Cancer?

It is a disease in which normal cells in the body become abnormal and grow uncontrollably (causing possible tumors), often spreading from one site to another via the blood and lymph vessels. It affects people of any age, but is more common in middle aged and older individuals. There are over 100 types of cancers which are named commonly to the cell/organ which they arise.

What causes this disease?

The cause of cancer is not fully understood, but can be associated with certain risk factors such as:

- Smoking
- Passive smoking
- Exposure to too much environmental smoke
- A deficient and unhealthy diet
- A high fat diet
- Obesity is associated with increased rates
- Excess exposure to ultraviolet light
- Excess alcohol consumption

So what can you do to lower the risks?

- Exercise regularly and keep yourself active
- Regular medical check ups and self examination for any abnormalities
- Stop smoking, and don't start smoking!
- A good diet with foods low in fat, rich in vitamins and fibre (such as wholegrain cereals, fruits, vegetables)
- Drink alcoholic beverages in moderation
- Avoid overexposure to the sun

By following the above guidelines you can lower the risk of developing this disease and feel better in the process...

PUSH THE RIGHT BUTTON